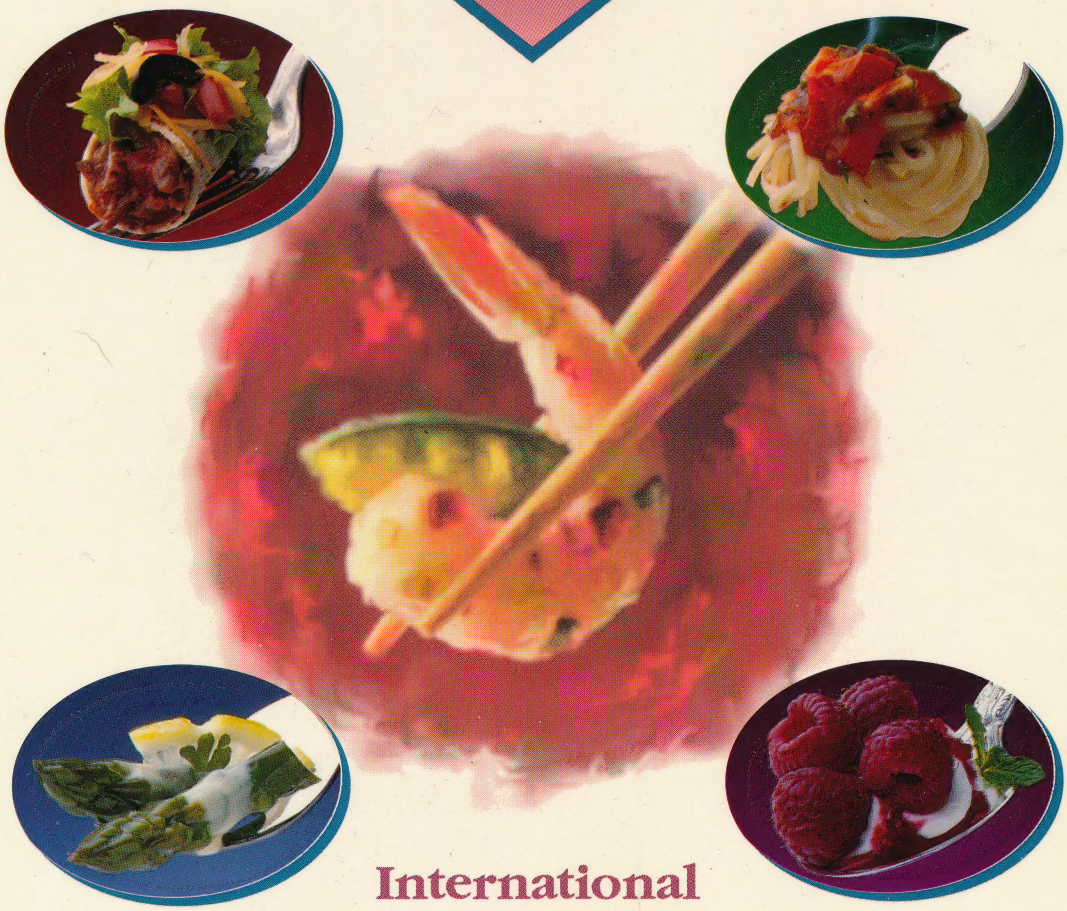
NEW *from the makers of Betty Crocker's Cookbook, First Electronic Edition!*

MICRO KITCHEN COMPANION

MACINTOSH MULTIMEDIA EDITION



International Recipe Management With Nutrition Analyzer

lsg
Lifestyle Software Group®

COMPLETELY REDESIGNED FOR MACINTOSH
MORE RECIPES • EXTRA FEATURES & MULTIMEDIA CONTROL

Micro Kitchen Companion is the accepted international standard in recipe management. Why? Because it was designed by cooks for cooks— people like you.

Like any good recipe software, it organizes recipes. Like a diet analyzer, it tracks nutrients in your diet.

But that's where the similarity ends. Because MKC has been completely revised, updated and expanded.

Feature for feature, the new MKC beats any cooking software at any price!

EASY TO USE

- Mouse control
- Colorful buttons & dialog boxes activate every feature
- On-line help, plus a printed manual
- Illustrative on-screen photos
- It even talks to you!

DESIGNED BY COOKS

- Uses cooking terms—not "computerese"
- Indexing system refined by years of customer comments
- **TimeSaver** system highlights quick & easy recipes
- Resize ingredients up to 999 servings
- Dozens of unique time-savers built in

BEST ORGANIZED

- Select using a 13-level classification system, including any ingredient combination
- Select by any key word or phrase
- Select by preparation time and total time
- Reject ingredients (food allergies, salt, fat, etc.)

EASY TO ADD TO

- Enter your own recipes
- Use pre-recorded disks
- Handles recipes of any length
- Copy, cut & paste, word wrap, easy editing
- Enter common cooking terms by clicking the mouse

PLANS AHEAD

- Recreates complete meal plans
- Recalls guests' preferences & dietary needs
- Prints comprehensive shopping lists
- Exports to hand-held organizers

ANALYZES MENUS

- Displays 14 major nutrients for each recipe
- Computes USRDA analysis for complete meals
- Avoid fat, salt, or any ingredient you select
- Helps prevent allergic reactions

PRINTS

- Recipe cards • Shopping Lists • Meals
- Export to word processing for custom cookbooks
- Uses any printer supported by Macintosh

CONVERTS AUTOMATICALLY

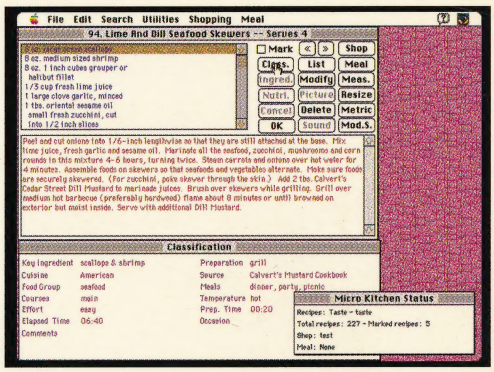
- All common measures (cups to pints, ounces to pounds, etc.)
- US to Metric • Metric to US
- Upgrades earlier versions of MKC recipes

MULTIMEDIA/INTERNATIONAL

- Displays photos of dishes & preparation methods
- Pronounces foreign cooking terms
- Handles US, Metric and Imperial measures

TOP QUALITY

- Publishers of Betty Crocker's Cookbook, First Electronic Edition, America Cooks and other best-selling titles.
- Used by hundreds of thousands of home cooks and professional chefs worldwide.



THIS PACKAGE CONTAINS:

MICRO KITCHEN COMPANION premium recipe storage and retrieval system.

A TASTE FOR ALL SEASONS recipe disk. A varied selection from our famous kitchen-tested recipe collection.

"The best computer cookbook I've seen..."

PC Magazine

"By far the best recipes..."

COOKS Magazine

"Micro Kitchen Companion offers quality recipe management. The menu-driven interface makes selection easy, and it makes for an interesting atmosphere with colorful screens at a low price. Treat yourself!"

PCM Tandy Magazine

SEE INSIDE COVER FOR DETAILS

Copyright 1993 Concept Development Associates, Inc.
Program Copyright 1984-1993, Craftsbury Software, Inc.
All rights reserved worldwide.

Lifestyle Software Group®

(904) 825-0220
63 Orange Street, St. Augustine, FL 32084

Made in U.S.A.

NEW *from the makers of Betty Crocker's Cookbook, First Electronic Edition!*

MICRO KITCHEN COMPANION

MACINTOSH

MULTIMEDIA EDITION

International
Recipe Management
With Nutrition Analyzer

Lifestyle Software Group

MACINTOSH MULTIMEDIA EDITION

MICRO KITCHEN COMPANION

User's Guide

Manual Copyright 1993
Concept Development Associates, Inc.
Program Copyright 1984-1993 Craftsbury Software, Inc.
All Rights Reserved Worldwide

LICENSE AGREEMENT

READ COMPLETELY BEFORE USING

This package contains software disks published by the Lifestyle Software Group (LSG). By running this program, you agree to accept the Software License Agreement that follows.

TERMS

1. Lifestyle Software Group hereby grants you a non-exclusive license to use the computer software recorded on the enclosed disks. You may use the software on only one computer at a time.

2. Lifestyle Software Group and the other parties with rights to or ownership interests in this software, (identified on the software itself) retain the title and ownership to the software product. You do not obtain title to the product or any copyrights or proprietary rights. Therefore, you may not rent, lease, convey, modify, translate or sublicense this software product.

3. If a database is included as part of this product, you can make changes in the database for your own use, but the software code may not be changed or reused in any way. All other provisions of this Agreement apply to the database elements as well as the program code.

4. You may make two back up copies for protection purposes only. Any other duplication or transmission of the software, including duplication or transmission for commercial purposes, is a violation of the copyright laws of the United States of America as well as the laws of other countries.

TABLE OF CONTENTS

Micro Kitchen Companion System	3
What's In The Box?	5
Installing the Program	5
Operating the Program	5
Menu Bar	7
Editing Recipes	8
Searching for Recipes	11
Utilities	13
Shopping List	14
Meal Files	15
Recipe Buttons	17
Printing Recipes	18
Answers to Common Questions	19

Micro Kitchen Companion For Macintosh - A Comprehensive System for Cooks

Micro Kitchen Companion for Macintosh (MKCM) can turn an ordinary Macintosh into a marvelous appliance for cooks.

This booklet is intended to give you an overview of this program, as well as specific operating instructions and hints for efficiently using the program. It is organized into three sections. The first section provides a general overview and installation instructions. The second section illustrates program operations and explains each of the menu selections. The third section answers some common questions about the Micro Kitchen system.

For the purposes of this manual, we assume that you have at least advanced beginner computer skills, and that you understand the Macintosh operating environment. If necessary, please refer to your Macintosh manual for assistance.

In the following manual, look for this character. You'll find valuable insights to make menu planning more fun than ever before!

SECTION 1 - OVERVIEW

THE MICRO KITCHEN COMPANION SYSTEM

The complete Micro Kitchen Companion system has three parts.

1. RECIPE DISKS—Sometimes referred to as BOOKS-ON-DISK, data disks, or recipe files. LSG publishes a comprehensive collection of recipe disks for use with the system. With the Micro Kitchen Companion program (this program), you may also create your own recipe files.

2. MICRO KITCHEN LIGHT—A driver program included with every recipe disk published by LSG. This program is an abridged version of the Micro Kitchen Companion that works one-on-one with any recipe disk. It does not bridge from disk to disk or offer comprehensive library management.

3. MICRO KITCHEN COMPANION—The ultimate library management and menu planning tool for your recipes and LSG's published recipe disks. It has every feature found in Micro Kitchen Light, plus dozens more for

advanced collectors that bridge the gap between recipe files and let you build a complete meal planning system. Now that you own Micro Kitchen Companion, you will no longer require Micro Kitchen Light. You will, however, want to keep all of your original recipe disks or files.

MKCM is a special information manager for cooks. It works exclusively with recipes. These recipes can be pre-recorded, or they can be entered by you.

Either way, MKCM builds an index of the recipes you collect. These indexes work similarly to the indexes you find in books, but they are much more comprehensive. The software can cross-reference thousands of recipes from hundreds of books. As a cook, you can ask for practically any type of recipe to meet your needs and MKCM will find it for you very quickly.

Finding the recipe is only half the joy with MKCM. Once you find it, you can use it as part of a complete menu plan. You can resize it to serve up to 999 guests. You can add notes. Display photographs of dishes and learn how to pronounce foreign cooking terms. Compute nutritional analyses for complete meals. Print a shopping list. Alter that. Substitute ingredients. Print everything. Even convert information to a file that will transfer to a hand-held PC to take to the store!

With thousands of owners around the world, MKCM has done everything in the kitchen but cook a meal (yet). Still, the three most popular uses are:

- To catalogue your existing clippings, books and written recipes, and use MKCM to index them for menu planning.
- To enter your own family recipes for daily use. You can print custom cookbooks this way, too.
- To build an extensive library of recipes using pre-recorded disks published by the Lifestyle Software Group and selected authors.

Equipment You Need to Run MKCM

Any Macintosh running System 6.05 or higher, with at least 1 Meg RAM. Compatible with System 7.
Any type of monitor, black and white or color.
A hard disk with at least 2.2 MEG available.

A color monitor for color photograph display is optional. All of the features will operate within the minimum configuration specified above.

WHAT'S IN THE BOX?

Your package should contain one or more floppy disks, depending on the disk drive capacity marked on the box.

On these disks, you will find the program files, as well as recipe files and picture files. Sounds are stored as "Resources" along with the recipes. From time to time we change these recipe files, but the contents will be marked on the outside of the package and on the disk labels.

You'll also find a registration form or some type of coupon. If you send this form to us, we will mail you information concerning updates, new recipe disks and other useful offers.

INSTALLING THE PROGRAM AND RECIPES

MKCM comes on 800 K disks. The program should be installed on your hard drive.

Begin the installation by placing your original Program Disk in your floppy drive.

Open the disk by double clicking the icon. Then double click the MKCM 3.0 Archives - 1 icon to launch the program. To install the software onto the hard drive, click the Desktop button and double click the MacintoshHD to select it. Both the volume and the folder should say "MacintoshHD."

Click the Extract button. A folder named Micro Kitchen Companion 3.0 will be created on the hard disk and the files in the archive will be extracted and copied into it.

Repeat this process for MKCM 3.0 Install - 2.

SECTION 2 - OPERATING THE PROGRAM

Micro Kitchen Companion is a powerful organizer. It offers many options in order to meet the needs of virtually any user. Almost all of the information you'll need to use the program is right on the screen as you proceed. When in doubt, read the screen.

Operation

MKCM is controlled using menus, buttons and dialog boxes, following standard Macintosh conventions. It automatically adjusts to your system and to the type of monitor you've installed.

Starting the Program

To start the application after installation, open up the Micro Kitchen Companion 3.0 folder and double click the recipe file icon, MICRO KITCHEN COMPANION 3.0.

A menu bar will be displayed at the top of the screen.

To make selections with the mouse, simply move the arrow over your choice. Click and hold the mouse once to pull down the menu; release the button to activate your menu choice. Some of the menu choices have Command key equivalents.

OPEN (a Recipe File)

To begin using the recipes, select "File", "Open" and click on desktop. Double click on Macintosh HD, double click on Micro Kitchen Companion, then double click on recipe file name "TASTE."

Display Notes

MKCM can be run in all video modes that are supported by your hardware. Consult your Macintosh manual to change the display mode if desired. Higher resolutions will increase the quality of the pictures, but may make text harder to read.

Status Windows

A Status Window is displayed in the lower right-hand corner of the screen. "File" shows you the name and short description of the open recipe file. "No." shows the number of recipes in the active file. "Marks" shows how many recipes have been tagged for use. If you've selected a meal or shopping list file, they will be shown next to "Meal" and "Shop". If you are using a Macintosh with a 9" screen, the Status Window will be covered by the Recipe Window. You can bring it to the front by choosing Micro Kitchen Status under the Apple menu.

QUIT (the Program)

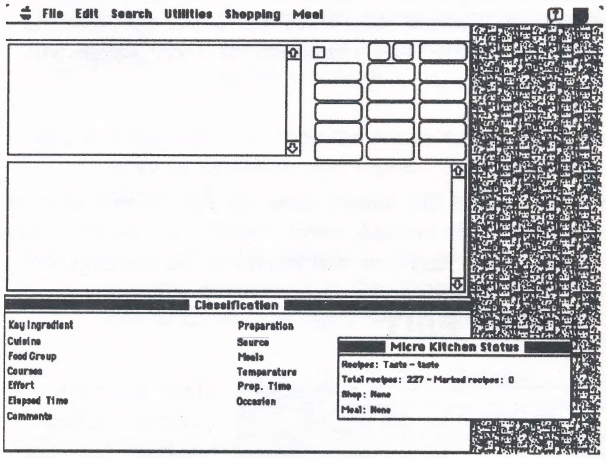
Anytime the main menu bar is active, you can quit the program. Highlight "File", pull down the menu and select "Close," then "Quit". You will be prompted to save any shopping lists and meal plans that have changed.

HELP

Additional directions for using MKCM are incorporated into a special help section of the program. To find the sections that concern you, pull down the Apple menu and choose Instructions. Topics include operation of the system as well as a general guide to concepts and terms.

MENU BAR

When you start the program you will see a menu bar at the top of the screen that looks something like this...



The features activated from the menu bar include general file handling, text editing, recipe searching, file utilities, shopping list, meal planning and help.

It is helpful to think of the menu bar as a set of broad based tools; the functions it provides cross over many recipes and many recipe files.

Functions which you want to perform on a single recipe are activated using the on-screen buttons which are discussed in the next section.

NEW RECIPE FILE

Recipes are organized within a file. Like a book, each file is separate and identifiable. But unlike a book, you can keep adding recipes to a file — and each recipe will take its proper place in the file index.

With a hard disk, you may never need more than one recipe file. Just keep adding new recipes to the ones that came with the program.

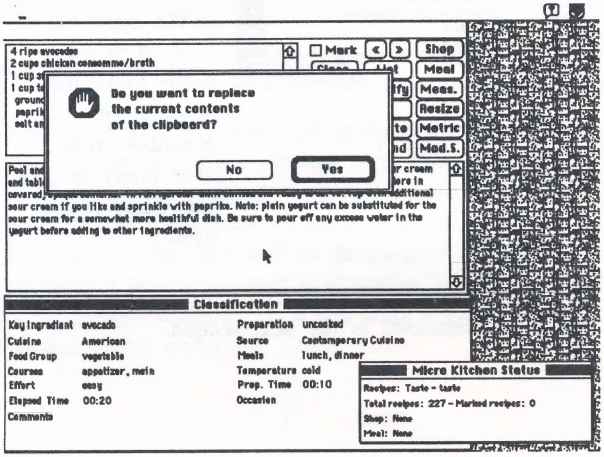
If you want to create a new file, however, you first assign a name to the file. Then you will decide how many keys will be set. Normally, you can just accept the default values for these items.

The first five items on the Recipe Screen are called "Key Fields". The program makes a pre-sorted map of the recipe file, based on each key field. Keeping the keys "on" will normally accelerate search speed. The exception to that rule is when every recipe in a file has identical entries for one of the keys. If you are making a file of all Mexican dishes, for example, you should turn off the "Cuisine" key when you create the file. As another example, you would turn off "Key Ingredient" if every recipe will use chicken as the main ingredient.

QUIT

When you are through with a recipe file, simply close the file. If you want to work with another recipe file already created, select "Open". If you are ready to leave the program, select "Quit" and you will return to the Desktop.

EDIT



EDIT provides standard editing functions for your recipes. It also allows you to add your own recipes by typing them in, or to copy entire recipes. EDIT is not used to modify existing indexes or ingredients, however. These items can only be

changed using the MODIFY button displayed with each recipe.

Cut - To cut a section of text from the recipe, first highlight the text block, then select Cut.

Copy - To copy a section of text from the recipe, first highlight the text block, then select Copy.

Paste - To paste a section of text which has been cut or copied to the same recipe or a new recipe, place your cursor where you want the text to begin, and select PASTE.

Undo - To undo the last cut, copy, or paste.

HINT:
Copy Recipe - Select this feature to copy the displayed recipe in its entirety. An exact duplicate of the recipe will be added to the next available slot in the recipe file. This feature helps you quickly create variations of your favorite recipes since you can simply edit the items that are different in the new copy.

Copy to Clipboard - To copy the recipe to the Clipboard for pasting into a word processor or text editor. You can add multiple recipes to the clipboard.

Add Recipes - Use this feature to add recipes from notes, books, clippings or other sources. Use the mouse to place the cursor: use the tab key to move from input box to input box.

ADD RECIPES

Adding recipes is fast and easy if you know a few rules.

Each recipe has three types of data: the classification, followed by ingredients and instructions. For your convenience, when adding recipes, each of the three components is displayed using a separate window. After you have entered the information, however, the three components are organized into two windows for your daily use.

For each input window, you simply fill in the blanks. In the index, you must make an entry in each of the first three fields (Name, Key Ingredient and Serves). After that, all other fields are optional. In the index, you will be prompted on-screen for the proper or typical entry with pull-down menu choices. You can type a different choice in most boxes, however, if the one you need is not listed.

When filling in the Ingredient section, note that each item consists of two separate input boxes. The box on the left is for numbers only. The box on the right is for the item description and measure. When entering fractional amounts, you must use the following format:

EXAMPLE -

Left	Right
1/2	cup butter
1-1/2	cups milk
2	cups grated carrots

The program will not accept anything but numbers in the left field, because this is the data that will be used when you resize a recipe. Only numbers placed properly in the left boxes will be recalculated; if numbers appear in the right hand boxes, they will not be resized when you change a recipe.

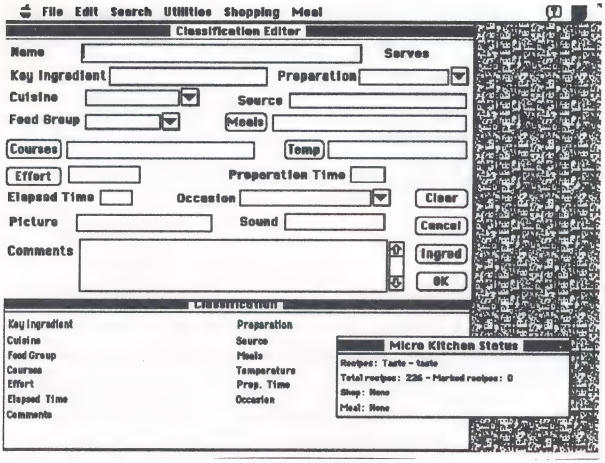
When you are done with each section, press the button marked "OK".

At this point, you are asked if the recipe will have a second part. If you answer no, you will be given the option to Add New Recipe, Add New Part to this Recipe, Duplicate this Recipe or Done Adding Recipes.

Most recipes will fit on a single screen. If your recipe is too long to fit on a single screen, first fill the available space and select "OK". Then, answer yes to second part. MKCM will automatically duplicate the recipe index and add the number 2 to the second recipe part. You can then fill in the additional ingredients and instructions that did not fit on the first part.

HINT: The new MKCM handles fairly long recipes. If your recipe requires two or more screens, try to organize it into separate recipes. For example, if the recipe requires a special sauce, make the sauce a separate recipe. Link the sauce to the original recipe by placing the name of the original recipe in the Comments box for the sauce, and the name of the sauce in the Comments box of the original recipe. This way, you can make each sauce or major component more versatile. You may find that it works great with another recipe in your collection!

SEARCH



SEARCH takes you into the heart of MKCM's menu planning ability. It has been designed to offer virtually every conceivable method of tracking down the recipe that is on your mind, no matter how vague your idea may be.

It's easy to look up a recipe by name. But what about finding a recipe that contains eggs, molasses or corn syrup that can be used as a dessert, served at room temperature, is Italian in origin and which takes 45 minutes or less to prepare by a chef with moderate cooking skills? MKCM offers one of the few truly practical methods of conducting such a search as well as thousands of similar variations.

Classification - Each input box is a distinct data field. The search window looks just like the "add recipe" window. The program will search for recipes that match the description you create by filling in the dialog boxes of the search window.

HINT: Perhaps you look in the refrigerator and find that you have eggplant, green peppers, feta cheese and tomatoes. When you search by classification, you also have the option of entering a list of such ingredients. MKCM will find every recipe that uses that combination of ingredients and meets the index criteria you've chosen, too.

You can use as many boxes as you like in combination. If a match is found, it will be displayed; otherwise the message "Entry not found" will be displayed, and you can modify your request to try again.

Ingredient - Looking for a new way to prepare turbot, pork or chicken? Enter a single ingredient using this search option and MKCM will give you a complete set of new ideas.

Free-Form - Sometimes you want to find a recipe using a specific word or combination of words that appear in the recipe. Free-form search checks every word in every recipe looking for a match to your request. This is commonly called a "string search".

Free-form search can also help you avoid certain foods or preparation methods. With it, you can reject recipes that contain key words such as "salt", "butter", "sugar", "fried" or any other word you choose.

While not the fastest method of searching for a match, it will be hundreds of times faster than searching manually.

TimeSaver - If you have a tight schedule or are planning a party, the TimeSaver search will help you determine which recipes can be prepared in the amount of time you have. Search by either preparation time or the total elapsed time. Preparation time includes hands-on time only. Elapsed time includes marinating, chilling, preparation time and cooking time.

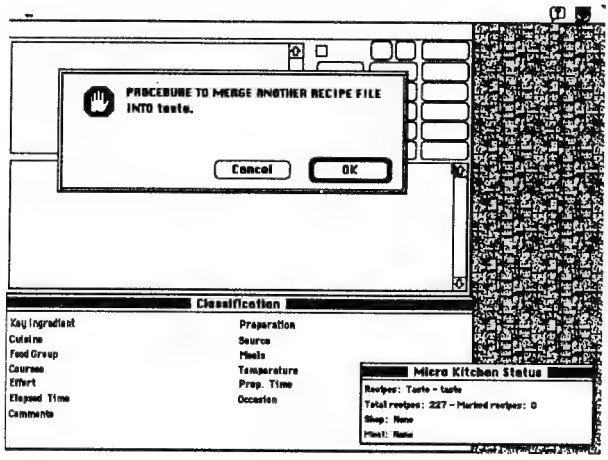
Marked Recipes - This feature displays the recipes that you have previously marked. Marking is described in a later section.

Index - Remember the "key fields"? MKCM provides these five presorted indexes that are very much like book indexes. This selection lists these indexes and allows you to simply point and press with your cursor to display any recipe in the index. You can also zero in on a smaller part of that index alphabetically, which is useful after you've accumulated hundreds or thousands of recipes.

By Number - Every recipe has a sequential number. If you know the number of the recipe you want, select this menu option and enter it here for instant access.

Scan - It is possible to quickly scan the contents of any recipe file without actually opening the file. This feature is useful if you have many recipe files and you want to refresh your memory about the contents of a file before you open it for menu planning. To scan a recipe file, click on scan, select file. Click on desktop, double click on Macintosh Hard Drive, double click on MKC 3.0, then double click on taste.

UTILITIES



UTILITIES includes a set of features that you hopefully rarely need. When you do need them, however, you'll discover just how important they can be.

Clear Marked Recipes - Clears all marks from a file. Closing the file will also clear the marks, but for added convenience you can mark some recipes, use that batch for planning, printing, etc., clear those marks, choose a new group and then repeat the process as often as you like without closing the recipe file.

Recover Lost Data - If you find recipes missing because of accidental deletion, disk drive failure or another cause, try this utility. In most cases, lost recipes can be instantly recovered.

Fix Damaged File - Other types of file damage may occur that make a recipe file appear jumbled, unreadable, or otherwise out of order. This feature rebuilds the file, recipe by recipe, and restores the original order. You can also use this feature to compress a recipe file that has had a number of entries deleted. Keep in mind, however, that once Fix has been run, Recover cannot retrieve those recipes previously deleted.

Change Key Field - Activates or deactivates key fields.

Merge - Allows you to add new recipes by purchasing additional recipe disks and merging their contents into the recipe file on your hard disk. In this way, thousands of compatible recipes can be collected and cross referenced. To merge, select merge from utilities menu. Continue through the normal procedure to open file. The merge process may take a few hours depending on the number of recipes in the file.

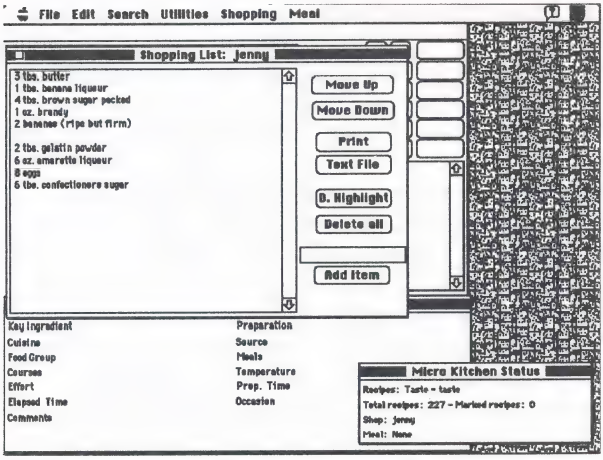
Import MKCM Version 2.X - Updates Version 1.0 through 2.X recipe files to the new, expanded file format.

HINT: Import MKCM import file - MKCM now lets you import recipes that were created on a word processor, database manager or some older cooking packages. To do so, you first arrange the text into the required 'IMPORT FILE' format. See the section "IMPORTING RECIPES" for options.

IMPORTING RECIPES -

1. To import recipes from earlier versions of MKC for Macintosh, select Import MKCM Version 2.X from the Utilities menu and follow the on-screen directions.

SHOPPING LIST



SHOPPING LIST lets you combine ingredients from one or more recipes into a single list. It lets you create or open a list and manage the contents of this file.

Then you search for recipes and add them to the list, or mark your choices, and add the whole batch of marked choices to the list.

You can add things like soap, towels and other items which do not appear in the recipes.

New - To begin the process, you create a shopping list file. Think of that file as your notepad. The program will place a list of ingredients that you designate on that pad.

Open - Opens the existing shopping list you want.

Close - Closes and prompts you to save your work.

Save - Prompts you to save your work without closing the file.

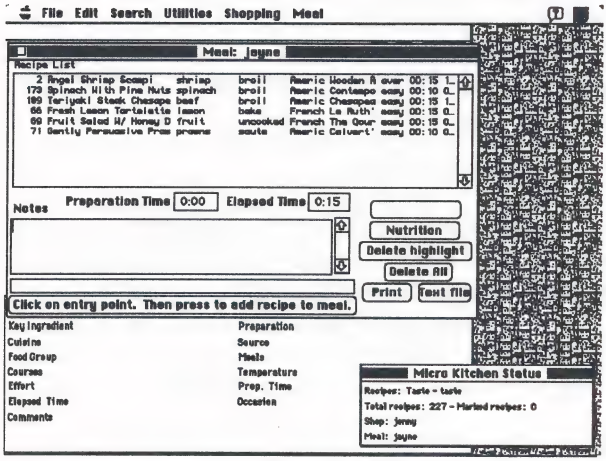
Save As - Prompts you to save your shopping list under a new name. Very useful if you have a standard list that you simply want to edit or adapt.

Delete - Unrecoverable removal of a list.

Display/Modify - To look at, add to or edit an existing list.

Create Text File - Creates an ASCII text file of your shopping list that can be transferred to most hand-held organizers.

MEAL PLANNING



Meal planning lets you combine recipes into a meal. You can also include a set of notes that might include when you prepared the meal, to whom you served it, the wines served, etc.

Search for your choices and mark them. As you go, you'll notice that any recipe can be added to the selected meal instantly by choosing the 'Add marks to Meal' button located under meal on the menu bar.

When you add recipes to a meal, MKCM creates a reference map in order to reconstruct that meal later. Therefore, when you remove recipes from the meal (DELETE) MKCM only removes that reference; it does not delete the recipe itself from your disk.

You can add notes to any meal by selecting the 'Notes' button.

Once you have opened a meal, MKCM will prompt you to save any changes, if you wish, before exiting the program. If you wish to save the meal file before exiting the program, you may do so using the options listed under meal.

New - To begin the process, you create a meal file. Think of that file as your notepad. The program will place a list of recipes that you designate on that pad, and keep track of the whole lot under one name.

Open - Opens the existing meal file you want.

Close - Closes and prompts you to save your work.

Save - Prompts you to save your work without closing the file.

Save As - Prompts you to save your meal file under a new name. Very useful if you want to plan a similar menu with only a few changes.

Delete - Unrecoverable removal of a meal file.

Display/Modify - To look at, add to or edit an existing meal.

Create Text File - Creates an ASCII text file of your meal file that can be transferred to most hand-held organizers.

HINT: If you are like most of us, you sometimes forget what you served to an infrequent house guest. Meal planning helps you remember exactly what you served, and to whom. Or perhaps you've created a masterpiece meal that is just right for another occasion. When the time comes, just select the meal, and choose Print or Display the Meal.

Recipe by recipe, with complete notes and details, your selections can be shown or printed at will.

Nutrition - The nutritional value of selected recipes will be displayed. Keep in mind, however, that not all recipes have nutrition data. If any recipe in the meal lacks this data, the total will be incorrect.

Time Analysis - Total prep time for the meal adds together all preparation times. Total elapsed time shows you the longest single elapsed time required.

RECIPE BUTTONS

Whenever a recipe is displayed, a row of buttons will be displayed along the right top of the display. The following functions can be performed on one recipe at a time directly from the recipe screen display.

>> Displays the next recipe in the search.

<< Displays the previous recipe in the search.

List Whenever you search for recipes, you can see a list of matches (list view) or each complete recipe (entry view). By selecting the buttons shown on the screen, you can easily toggle back and forth between these viewing formats. To view a recipe from the list double click on the highlighted recipe to view it.

Modify You use this button to modify the recipe.

Nutri Displays nutritional information available for that recipe. *Note: not all recipes contain this information.*

Picture When there is a photograph accompanying a recipe, this button will be highlighted. Click to display photograph.

Sound If a recipe contains a foreign cooking term or ingredient, this button will be highlighted. Click to hear the common U.S. pronunciation.

Delete Removes displayed recipe. It can be recovered using the file utility "Recover lost recipes".

Class Brings the classification window to the front. Also used to modify the Classification.

Ingred. After you click Modify, click Ingred. to modify the ingredients.

Resize Recalculates ingredients for additional servings. To resize permanently choose resize and then modify classification an change the number of servings.

Shop Adds this recipe to the open meal file.

Meal Adds this recipe to the open meal file. You must have a meal file open or it will prompt you to open or create a file.

Meas. Converts cups to pints, ounces to pounds, etc. To change, click on the "C" next to the item you wish to change. Each click will change the measurement. Click OK once you are finished and the program will prompt you to make changes permanent.

Metric Changes ingredient measures to the metric system.

Mod. S. Lets you enter a different set of search criteria, but keeps you in the same search mode that you selected.

OK Clears the recipe window.

Not all recipe files include nutrition information, pictures or sound. If a recipe does not have these features, those buttons will not be able to be activated, and they will appear light gray.

ABOUT PRONUNCIATIONS

The foreign cooking terms have been pronounced according to common usage in the U.S., rather than in each word's native tongue. This is because many words would contain sounds unfamiliar to American English. The reference used for correct pronunciation was Webster's New Twentieth Century Dictionary, Second Edition.

MARKING

Any time a recipe is displayed, you can mark it electronically by clicking the check box near the upper right hand corner of the Recipe Window. An X will appear in the button, indicating that the recipe has been marked. For more information on marking recipes, see "Glossary of Concepts and Terms" in on-line Instructions.

PRINT RECIPES

MKCM gives you several methods of printing some or all of your recipes. To print a single recipe, you can simply display it, and select 'PRINT' from the File menu.

HINT: The same print window offers a faster method for printing several recipes or large groups of them. To print a group, "Mark" the recipes you wish to print as you go along. On the last recipe you mark, select "Print" and then "Recipes to Print - Marked Recipes."

Prior to printing, you will be allowed to choose the format and contents of your printout.

The printer setup appears just prior to printing so that you can change the paper size or add special instructions to the printer. The program is already configured for your printer. Print Options under the File menu gives you additional flexibility in formatting the output.

HINT: To make a really fancy printed cookbook, select 'from the "Print" choices "Send output to text file". Then, use this file with your favorite word processor, desktop publishing or other Macintosh program.

Create Text File (*.TXT)

If you own a hand-held organizer, such as the Casio B.O.S.S., Sharp Wizard, or Atari Portfolio, you can use this feature to create a text file that will contain your shopping list or meal files.

The process is automatic when you select this option. All you have to do is decide on a new name for the text version of your shopping list or meal file. Consult your organizer's manual for directions on transferring this file to the organizer. Additional hardware, available from the organizer's manufacturer may be required. You will be able to open this file in word processing programs or in TeachText.

SECTION 3 - ANSWERS TO THE MOST COMMON QUESTIONS

1. Why don't the recipe files run without the program?

Micro Kitchen Companion is actually a special database manager. It allows you to manipulate recipes that are contained in compatible recipe files. The recipe files themselves do not contain program code that can control the operation of your computer. You must have Micro Kitchen Companion to use the recipe files.

2. How do I enter an ingredient list?

Ingredients usually consist of a number, followed by a measure, followed by a name, as in:

2 cups sugar

The ingredient screen is actually set up in two parts. The left part always holds the number. Numbers, including fractions, must be entered as follows:

Whole number - fraction, without spaces, followed by <TAB>

When you press <TAB>, the cursor will advance to the right part of the ingredient description, where you can enter the measure and name, as in:

cups sugar

(Left)	(Right)
2	cups sugar
1-1/2	tbs. butter

If the description (right side) is too long to fit the space, press <TAB> twice to skip the left numeric field, then finish your entry:

3	cups loosely packed white flour, sifted

If you follow these directions, the numbers on the left will recalculate when you change a serving size. If they do not, check your format for proper entry.

3. How do I enter a recipe that is too long to fit on one set of screens?

When you enter the first set of screen for a new recipe, the program will ask you if it will have a second part. If either the ingredient list or the instructions are too long, simply answer Yes to the on-screen prompt. The program will automatically make a second set of screens, using the name of the recipe followed by the number 2. Subsequent parts will be numbered 3, 4, 5,etc. if needed. Later, when you access a multi-part recipe, you simply press <F>orward to move from the first set of screens to subsequent sets.

4. What can I do if a shopping list is too long to fit on one set of screens?

A shopping list will hold up to 100 items. If you plan to add more than 100 items, you can set up additional shopping list files, using different file names.

To reorganize the list, select an item by number, then move it to a new position using the arrow keys. Repeat as desired.

ADDING MICRO KITCHEN TITLES

As you collect additional titles in the Micro Kitchen Companion series, they become part of a vast multimedia library.

Because this information - especially sound and picture data - takes space, we have designed the installation to conserve space on your system as you add new titles. The installation program that comes with your program will automatically combine sound files and picture files that are used by more than one recipe set. It will also update existing program files, and update help information.

If you own Micro Kitchen Companion, Version 3.0 or higher, you can merge all of the recipes into one large, cross indexed reference system. This not only saves space, it also increases the utility of every recipe in the system.

But, if you must conserve space...

Picture files 'Pict' and sound resources take up the bulk of the disk space.

63 Orange Street
Saint Augustine, Florida 32084
For technical support call (904) 825-4922
9AM - 5PM (EST)

IK0040

M I C R O

KITCHEN

companion

Lifestyle Software Group

(904) 825-0220

Program Copyright (c) 1984-1990
Concept Development Inc.
ALL RIGHTS RESERVED

DOUBLE SIDED
OM30239

A Taste for All Seasons

A MICRO KITCHEN companion

PREVIEW

Program Copyright (c) 1984-1990
Concept Development Inc.
ALL RIGHTS RESERVED

Lifestyle Software Group
(904) 825-0220

DOUBLE SIDED
ON50232

registration form

Registration Date: _____ Product Name: _____

Phone: _____ Version #: _____

Mr
Mrs _____
Miss

(Must specify for updates. The version # can be found on the opening screen of the program)

Address: _____ Product format: DOS_____ Windows_____ Mac _____

City/State/Zip: _____ Other: _____ Please specify

Store and City where purchased: _____ Date: _____

Comments/Suggestions: _____

_____

_____

OPTIONAL Age: _____ Occupation: _____

Family Income level: _____ 0-15K_____ 15-30K_____ 03-50K_____ 50K+

NOTE: You must register your product to receive technical support, upgrade information and software discounts.

After registering you can contact our customer service department at:
(904) 825-4922 - Monday thru Friday - 9:00 AM to 5:00 PM EST

PLACE
29¢
POSTAGE
HERE

LIFESTYLE FULFILLMENT
63 ORANGE ST
SAINT AUGUSTINE FL 32084-3565

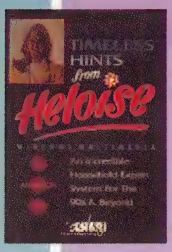
TAKE

Lifestyle Software Group

YOUR

Has Many Choices

PICK

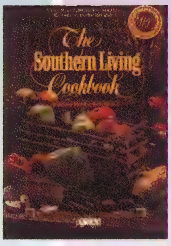


Timeless Hints from Heloise
(Windows $39.95)
Now Heloise can help manage your everyday life by PC. Contains over 3,000 hints from Heloise, the syndicated columnist and TV personality.

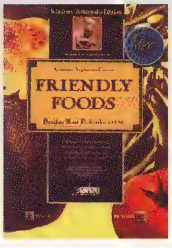
High-Q
(Windows, $49.95)
Develop mental fitness while concentrating on specific hemispheres of the brain. Get set for a challenging work- out. Terrific graphics and sound.

Multimedia Pool
(Windows $39.95)
The most versatile, interesting and educational pool game ever. Choose from Straight Pool, Eight Ball, Nine Ball or Bumper Pool. Play against a friend or the PC. Adjust skill levels, slant the table, magnetize balls or shoot in slow, normal or fast motion.

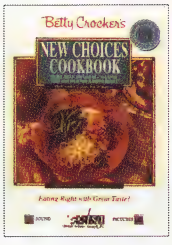
Micro Kitchen Companion
(Windows, DOS, MAC, $49.95)
The international choice for recipe management. MKC has set the standards for creating a unique and expandable database. Add your own recipes, or any of the outstanding electronic cookbook editions available through LSG. "As chockful of features as a currant bun." - The New York Times "This program can do for cooking what Quicken did for writing checks." - PC Computing



The Southern Living Cookbook
(Windows, DOS $34.95)
The South's best recipes chosen by the editors of Southern Living magazine. Contains over 1,400 delicious recipes, as well as menu planning and entertaining ideas.

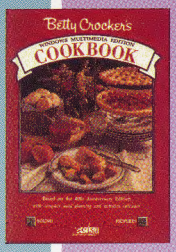


Friendly Foods
(Windows, DOS $24.95)
A gourmet vegetarian cookbook by Brother Ron Pickarski, four-time medal winner at the Culinary Olympics. Includes 200 recipes, techniques and philosophy of dairyless and meatless cuisine.



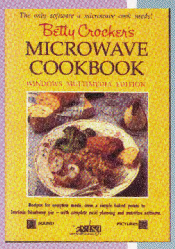
Betty Crocker's New Choices Cookbook
(Windows, DOS $34.95)
More than 500 recipes for today's healthy lifestyles. Tips on eating out, shopping, how to make-over recipes and ways to eat for prevention of diseases.

Mrs Beeton's Book of Cookery and Household Management
(Windows, DOS $34.95)
The best-selling homemakers' bible for over 130 years in England. Includes household hints and over 2,000 recipes.



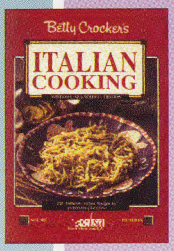
Betty Crocker's Cookbook 40th Anniversary Edition
(Windows, DOS $34.95)

Over 1,000 recipes, time-saving techniques and nutritional analysis. "Cooking with Confidence" helps new cooks set up a kitchen, measure ingredients and understand basic food preparation terms.



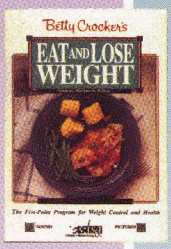
Betty Crocker's Microwave Cookbook
(Windows, DOS $29.95)

Contains 600 fabulous quality-tested recipes for the microwave cook. Complete with do-ahead instructions and recipes for children.



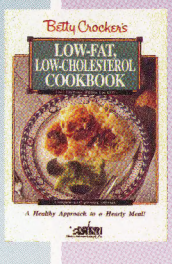
Betty Crocker's Italian Cookbook
(Windows, DOS $24.95)

A genuine taste of Italy with over 200 recipes. Delizioso!



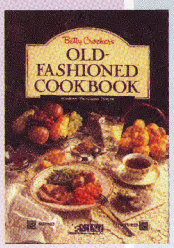
Betty Crocker's Eat and Lose Weight
(Windows, DOS $24.95)

Includes 250 low and reduced calorie recipes. Track nutritional information of each meal. Includes a month full of 1,200 calorie-a-day recipes.



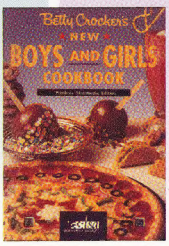
Betty Crocker's Low-Fat, Low-Cholesterol Cookbook
(Windows, DOS $24.95)

Keep healthy with 185 heartwise, satisfying recipes. Includes nutritional analysis for each recipe and planned menu.



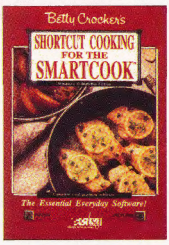
Betty Crocker's Old-Fashioned Cookbook
(Windows, DOS $24.95)

Includes 250 classic, heritage recipes from Betty Crocker's kitchens.



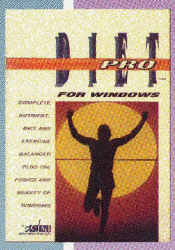
Betty Crocker's New Boys and Girls Cookbook
(Windows, DOS $24.95)

Let the kids cook dinner! Now the little ones can have fun cooking in the kitchen with over 100 easy-to-follow (many microwave) recipes.

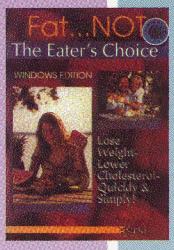


Betty Crocker's Shortcut Cooking for the SmartCook
(Windows, DOS $24.95)

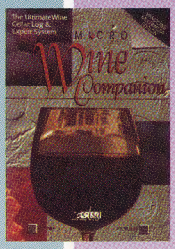
Contains more than 300 quick and easy-to-prepare dishes for delicious entrees and desserts.



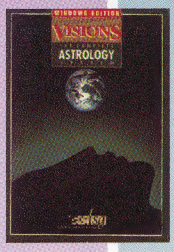
Diet Pro
(Windows $59.95, DOS $39.95)
Keeps track of daily diet and exercise. Provides individualized feedback. Select nutritional and exercise recommendations from a variety of sources.



Eater's Choice
(Windows $29.95)
Tracks food intake, ideal consumption of calories, focuses specifically on saturated fat and cholesterol within a diet. (DOS version available as Take Control of Cholesterol, $19.95)



Micro Wine Companion
(Windows, DOS $49.95)
Invaluable for novices or the connoisseur. Extensive search feature makes learning about wine, managing a cellar, selecting appropriate wines and access to wine reviews easier than ever imagined.



Visions - The Complete Astrology System
(DOS, MAC $39.95, Windows $49.95)
Generates natal or daily data. Interpretations based on Placidus, Koch or equal House systems. (Windows now available in English or French)

PLEASE CUT & RETURN

lsg Lifestyle Software Group

☐ **YES, I am interested in receiving product information about these titles:** _____

Please send me information about programs developed for these interests:
☐ games ☐ financial planners ☐ educational for children

☐ **YES, I would like to expand my library of home leisure computing titles!** Please send the following:

Title _____
Disk Size ____ Format ____ Quantity ____ Price _____ Subtotal: _____

Title _____
Disk Size ____ Format ____ Quantity ____ Price _____ Subtotal: _____

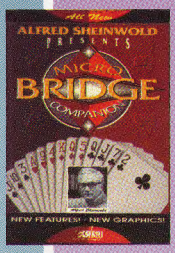
Shipping and Handling: $ 5.00
6% Sales Tax (Fla. residents): _____
Total: _____

Name: _____

Address: _____

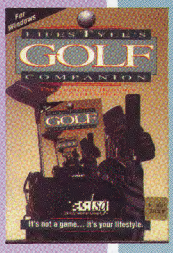
_____

Phone: _____



Alfred Sheinwold Presents Micro Bridge Companion
(DOS, MAC $59.95)

Sharpen skills with the program that has won the Computer Bridge Olympiad (1991-92). Rated by Computer Shopper as, "The best bridge program available." New graphics and features!

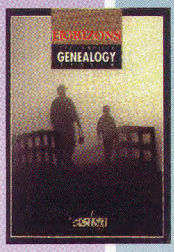


Lifestyle's Golf Companion
(MAC & Windows $39.95)

Three programs in one: Golf Analyst, Handicapper and Travel Guide. Instructional assistance by Jon Jacobs and Dick Aultman.

Multimedia Tarot
(Windows $39.95)

Three different card spreads and three different readers offer an unlimited array of possibilities. Learn the significance of each card, positioning of cards, and let the future unfold.



Horizons
(DOS $39.95)

The most complete genealogy program for valued family records. Pedigree chart tracks your family tree of ancestors. Descendant charts shows descendants of any ancestor.

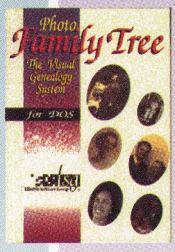


Photo Family Tree
(DOS $49.95)

Includes the same full features that have made Horizons the most complete genealogy system for family records. Updated to scan and recall family photos, even produce a slide show.

Here are the names and addresses of friends who would be interested in receiving product literature:

Name: _____

Address: _____

_____

Phone: _____

Name: _____

Address: _____

_____

Phone: _____

Return to:
Lifestyle Software Group
63 Orange Street
St. Augustine, Florida 32084

lsg
Lifestyle Software Group®

63 Orange Street
St. Augustine, Florida 32084
(904) 825-0220